

## ***Staying safe on-line***

### **5 key ways to stay safe on-line:**

#### **Watch your back**

- Whenever you're about to post something online, pause and just imagine someone in authority, someone you respect, reading the post or looking at that photo. If you feel uncomfortable, don't post it. Photos do not just disappear when you delete them, they leave an online footprint that other people may still be able to find.

#### **Check your settings**

- Use the privacy and security settings on social media sites so that only friends and family can see your page.
- Check your setting after you update an App. Many app's reset the settings when they update.
- Speak to friends and family and encourage them to tighten their settings too as they could affect you.
- Even if your account is locked and private, personal information you have shared with others could still be accessed through their pages.
- Only connect with people you know. never be 'friends' or allow access to people you have not met

#### **Guard Personal information**

- Don't post any personal information – your address or mobile number. Just one piece of personal information could be used by a complete stranger to find out even more about you. If you post about your birthday or other key facts about your family these could be used and makes you more vulnerable to identity fraud or on-line grooming.
- Think about using a nickname instead of your real name on social media

#### **Photos and Videos**

- Be careful about what pictures and video's to share. Avoid pictures that show people where you live or go to school. Remember that once you share a picture or video other people can download it and re-send it. The picture is not yours anymore.

## **Check what is needed**

- Don't give out information online simply because it's asked for – think whether whoever is asking for it, really needs it. When filling in forms, for example signing up to a website or newsletter, always provide the minimum information required.

## **Cyber bullying**

Harassment is the act of sending offensive, rude, and insulting messages and being abusive. This includes posting nasty or humiliating comments on posts, photos and in chat rooms and being explicitly offensive on gaming sites.

The worst thing about social networking sites and messaging apps is that anything nasty posted about you can be seen by lots of people and these posts can go viral very fast and be shared by so many people within minutes in

If you wouldn't say it to someone's face don't think it is alright to say it on-line

Cyber bullying is against the law and is a criminal offense. Victims of online bullying can press charges and the police can arrest people for this behaviour

## **Sexting**

### **The Law**

Making, possessing and distributing any imagery of someone under 18 which is 'indecent' is illegal. This includes imagery of yourself if you are under 18.

The relevant legislation is contained in the Protection of Children Act 1978 (England and Wales) as amended in the Sexual Offences Act 2003 (England and Wales).

Specifically:

- It is an offence to possess, distribute, show and make indecent images of children.
- The Sexual Offences Act 2003 (England and Wales) defines a child, for the purposes of indecent images, as anyone under the age of 18.

This means that you could be charged if you send someone an image of yourself that shows you in a state of undress. It also highlights that you could be charged for asking for an image to be sent, saving the image on your phone or sharing an image with another person.

If you send someone an image, even if it is a boyfriend or girlfriend, that image is then out of your hands. That image could then be shared with complete strangers. It could also be used to bully or blackmail you into sending more indecent images.

Photos do not just disappear when you delete them, they leave an online footprint that other people may still be able to find.

Again, think before sending or posting anything.

Most teenagers think they are being safe online and believe there are no dangers. “It’s great with Snapchat because the images all delete after 15 seconds”. In October 2014 it is announced that 200,000 images stolen from teenagers on Snapchat were leaked onto the web! The teenagers thought the images were long gone.

## **False Information, news stories and reports**

Fake or false information can be dangerous. It can be used to control what we think, believe and act. It is important that you get your information from trusted people and sites. It is also important that you get information that has different points of view.

### **TIPS FOR EVALUATING NEWS**

1. Check the publisher’s credibility.

- Just because a site is popular among your friends does not mean its content is accurate.
- What is the domain name? Be wary of unusual top-level domain names, like “.com.co.” A second-level domain like “BBCnews” may appear credible. But note that BBCnews.com.co is a different and illegitimate site, though designed to appear similar to the original.
- What’s the publication’s point of view? Read the “About Us” section for more insight into the publisher, leadership, and mission statement. Also, confirm that you have not entered a joke news site.
- Who is the author? Has he or she published anything else? Be suspicious if the byline, which names the author, is a celebrity writing for a little-known site or if the author’s contact information is a G-mail address.

2. Pay attention to quality and timeliness.

- Do you notice spelling errors [sic], lots of ALL CAPS, or dramatic punctuation?!?!?! If so, abort your reading mission. Reputable sources have high proofreading and grammatical standards.
- Is the story current or recycled? Make sure an older story isn’t being taken out of context.

3. Check the sources and citations.

How did you find the article? If the content showed up in your social media feed or was promoted on a website known for clickbait, proceed with caution. Even if the information was shared by a friend, be sure to follow the steps below to vet the publisher’s credibility.

- Who is (or is not) quoted, and what do they say? If you notice a lack of quotes and contributing sources, particularly on a complex issue, then something is wrong. Credible journalism is fed by fact-gathering, so a lack of research likely means a lack of fact-based information.

- Is the information available on other sites? If not, then it's very likely that the journalistic jury is still out on whether this information is valid.
- Can you perform reverse searches for sources and images? By checking the sources, you can confirm that the information has been accurately applied and not altered to meet the author's point of view. The same goes for images. In an era of Photoshop magic, you can't always believe what you see.

#### 4. Ask the pros.

Have you visited a fact-checking website? There are many good ones, like FactCheck.org, International Fact-Checking Network (IFCN), PolitiFact.com, or Snopes.com. Do your own detective work and feel more confident in being able to identify fact vs. fiction.

### Reporting any concerns

If you are worried, being bullied or think that you are at risk online please talk to your parents or a member of staff.

**NCA-CEOP** - If you are concerned that a someone you know is being sexually abused, exploited or groomed online you should report to NCA-CEOP

[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

You can contact them by clicking  
most websites.

this can be found at the bottom of

All websites and apps have to have a policy on reporting any online bullying or inappropriate behaviour.

**Snapchat** provides a reporting function here: <http://support.snapchat.com/en-US/ca/abuse>

**Whatsapp** please see instructions on how to report here:

<https://www.whatsapp.com/faq/en/general/21197244>

**Instagram** provides a reporting function here:

<https://help.instagram.com/443165679053819/>

**Facebook** provides a reporting function here: Social reporting -

<https://www.facebook.com/help/128548343894719>

[WWW.thinkyouknow.co.uk](http://WWW.thinkyouknow.co.uk)

